



# COACHING International

## *The Crystal Ball Exercise*

You look into a crystal ball and can see into the future to the end of next year. A great year is ahead of you! Write down what your future holds according to the crystal ball.

**Step 1:** Describe the year ahead of you based on the crystal ball's prediction. 2017 has come and gone and we "ROCKED" because we achieved the following specific & measurable outcomes.

---

---

---

---

---

---

---

---



**Step 2:** What are the top 5 things ranked in order that are specific and measurable that made it such a great year? These are the activities that led to the result in question 1.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_